

I need to borrow:

- ☐ **helmet**
- ☐ **harness** (please indicate your size
and be honest - it's got to fit!)
- ☐ X Small - waist 27-29''; legs 18-20''
- ☐ Small - waist 29-33''; legs 20-22''
- ☐ Medium - waist 31-35''; legs 22-24''
- ☐ Large - waist 33-39''; legs 24-26''
- ☐ X Large - waist 39-43''; legs 26-28''
- ☐ **rock climbing shoes;**
my shoe size is _____

Describe your rock climbing
experience (if any):



Special Needs

If you have a disability or medical condition please indicate so on your registration form. We will attempt to accommodate your needs.

Cancellation Policy

The deadline to cancel is June 13th. If you cancel on or before this date you will receive a full refund. After this date, an \$10 processing fee will be deducted from your refund. Registrants who do not attend and do not cancel June 13th will be assessed the full fee.

Questions?

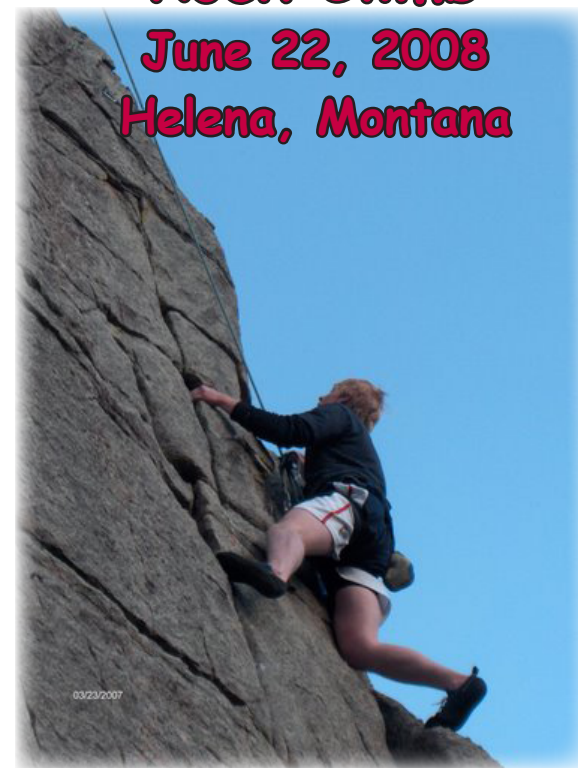
Contact Liz Lodman at 406-444-2615
or email llodman@mt.gov.

Persons successfully registered for the class will receive a map with driving directions, and other details in their confirmation letter.



Learn to Rock Climb

June 22, 2008
Helena, Montana



Sponsored by
**Montana Fish,
Wildlife & Parks**

Learn To Rock Climb!

Sunday June 22nd from 9am to 4pm

Registration Fee: \$30

Beyond BOW workshops provide opportunities to learn outdoor skills. Workshops are designed especially for women and are an extension of the Becoming an Outdoors-Women program sponsored by Montana Fish, Wildlife & Parks.

Gain a new perspective, build your confidence, focus your mind and have fun while you learn basic rock climbing techniques. Rock climbing is physically challenging, never boring and offers a sense of adventure.






This class will teach you how to use basic climbing gear including a harness, ropes, carabiners, belay, and various anchor devices. You'll learn to tie into a climbing rope, belay, rappel and navigate properly over the rock. Instructors will also teach you about leading and anchoring.



This class is for beginners or those who are new to the sport. You don't need to be ultra-athletic to learn **rock climbing** but you will need to be in relatively good shape. A short hike on steep terrain is required to access the granite cliffs that we will be climbing on. The class will be held in the Helena area. Please bring a sack lunch and water bottle.

Requirements to Participate

It is important that you have a proper fitting harness, protective headgear and rock climbing shoes. If you already have a harness, helmet or rock climbing shoes, please bring them. Otherwise we will have them available for loan. A climbing helmet or older style bicycle helmet without the aerodynamic faring will do. Rock climbing shoes are essential. Gloves are highly recommended.

-  harness - if you have one
-  helmet - if you have one
-  shoes - if you have pair
-  gloves - recommended
-  sack lunch and water bottle

Make checks payable to: FWP
Send checks and registration form to:
FWP-BOW
PO Box 200701
Helena MT 59620

Registration Let's Go Rock Climbing

Name _____

Address _____

City _____

State _____ Zip _____

E-Mail _____

Daytime Phone _____

Evening Phone _____

Date of Birth _____

[] Enclosed is my check for \$30

I attest that I am at least 18 years old. I acknowledge that my participation the Beyond BOW clinic sponsored by Montana Fish, Wildlife & Parks, involves some risk of personal injury. The risk of personal injury may come from poor weather, accidents, natural disasters or other hazards created by my own actions or the actions of others, over which FWP, and the USDA Forest Service have no control. By signing below, I accept responsibility for all personal injuries that may result from my participation, and I agree to hold the State of Montana; Montana Fish, Wildlife & Parks; and the USDA Forest Service harmless from and against any claim. I also understand that photos/video may be taken for promotion of the program.

Signature _____

Complete other side